



Big Brothers Big Sisters®

OF JEFFERSON, ELK, &
MCKEAN COUNTIES

Like us on Facebook at Big Brothers Big Sisters of Jefferson, Elk and McKean Counties to get updates and activity ideas for your match!



Tips for Communicating with Teens

Teenage years have a lot in common with the “terrible twos”. This means that having a healthy and trusting relationship with teens is more important than ever. Take a deep breath and remind yourself that the child is going through their “terrible teens”. Here are some tips:

- 1. Listen** - asking direct questions might not be as effective as simply sitting back and listening. Kids are more likely to open up if they don't feel pressured to share information.
- 2. Validate their feelings** - say something that is understanding and empathetic when a teen is talking to you about something that is difficult in their lives.
- 3. Show trust** - teens want to be taken seriously. Letting the teen know that you have faith in them will boost their confidence and make them more likely to rise to the occasion.
- 4. Give praise** - a teenager may act like they are too cool to care about what an adult thinks, but truth is they are still seeking approval.
- 5. Do things together** - talking isn't the only way to communicate, it's great if you can spend time doing things you both enjoy.
- 6. Be observant** - it's normal for kids to go through some changes as they mature but pay attention if you notice changes in their mood, behavior, energy level or appetite. If you see a change in the teen's life and daily ability to function, ask them about it and be supportive. They may need help.

Summer Passport 2018

And the Winners of a \$25 Walmart Gift Card are...
Big Sister Betsy Wile and Little Sister Megan Bailey
Betsy and Megan went to a movie, visited Goodwill, Twin Lakes, Farmer's Inn, Midway State Park, went for a walk, enjoyed helping out at the McKean County SPCA, played Bingo with the residents at the Lutheran Home and picked wild flowers and made an arrangement for the residents.
Thanks for participating!!!

ANNUAL MAIL CAMPAIGN

Our Annual Mail Campaign (AMC) will soon be under way! Donation letters are mailed mid-October to individuals asking them to make a donation to support Big Brothers Big Sisters of JEM and the services we provide. This year donors will be able to make a donation in memory or honor of someone as a special way of recognizing them.

Help us spread the word by sharing the Annual Mail Campaign with family and friends or by sharing our posts on Facebook. Watch for the AMC donation tracker on Facebook and our website at www.bbbs-jem.org

BBBS Brand New Logo

National BBBS is introducing a brand new logo! *“Together We Are Defenders of Potential”* - The logo seen above displays the lowercase “b” representing the story of *Littles* and their guardians aligning with BBBS to build momentum toward reaching their full potentials. Completing the “B” is the addition of *Bigs*, creating a relationship that balances and becomes stronger. Watch for more to come!!!

Halloween Safety

- Carry glow sticks or flashlights to help you see or be seen by drivers.
- Cross the street at corners, using traffic signals and crosswalks.
- Always walk on sidewalks or paths, never walk in the middle of the road.
- Popular trick or treating hours are 5:30 pm - 9:30 pm, so be especially alert while driving during these times.

For more information, visit
<https://www.safekids.org/halloween>



October is National Fire Prevention Month!

- Test smoke alarms and carbon monoxide detectors monthly and change batteries at least once a year.
- Place fire extinguishers throughout your home and make sure everyone knows how to use them.
- Keep an eye on appliances while in use.
- Never leave food unattended while cooking.
- Keep blankets, clothes and papers away from space heaters.
- Complete a Home Fire Safety Checklist and identify fire risks in your home

To continue reading this article, access the checklist, and find other safety tips, check it out on the web at

<https://www.nsc.org/home-safety/safety-topics/emergency-preparedness/fire>

There are 50 children in Jefferson, Elk & McKean Counties waiting for a Big Brother or Big Sister

Know someone who would make a great Big Brother or Big Sister?

Have them contact us by phone 1-877-776-1636, on the web www.bbbs-jem.org, or find us on Facebook!

Local Community Events

Brookville - Haunted Barn, 1801 Old State Road, Brookville. Fridays and Saturdays through October 31st from 7pm - 11pm. For more information, call 648-0777.

Falls Creek - Pumpkin Fest at Cooper Farm Market (484 Cemetery Road, Falls Creek). Taking place October 6th-7th, October 13th-14th, & October 20th from 10am - 5pm. Enjoy hay rides, corn maze, barrel train, kids games, petting zoos along with lots of pumpkins, fall decorations and yummy fall foods. For more information, call 375-7050.

Port Allegany - Fall Harvest Day on Saturday, October 6th from 9am - 5pm. Takes place at A.M.E.I.A. Grounds (Route 155, Port Allegany). Enjoy a hayride, cider from the press and stroll through tractor and car shows. Gates open at 9am and is a free event. For more info, call 716-353-2736.

Ludlow - Fall Fest on Saturday, October 6th from 10am - 3pm at Wildcat Park (Olmstead Road, Ludlow). Enjoy food concessions, bake sales, pony rides and other fall activities. For more info, call Claire Ann at 945-6373.

Ridgway - Big Maple Farms Fall Festival taking place Saturday, October 6th at Big Maple Farms Natural Therapies (877 Long Level Road, Ridgway). Enjoy a corn maze, pony rides and so much more! For more info, call 387-3571.

Benezette - Halloween Activity Day on Sunday, October 28th from 2pm - 6pm. Takes place at the Elk County Visitor Center (950 Winslow Hill Road, Benezette). Enjoy trick or treating through their educational stations. Kids will receive a tasty treat for every station they complete. Halloween parade starts at 5:30pm.

For more upcoming events, check out your local Chamber of Commerce websites